100 WARTBURG BLVD., WAVERLY, IA 50677

Volleyball advances to NCAA tournament, See pg. 8

CHANGE SERVICE REQUESTED

NONPROFIT ORG
US POSTAGE
PAID
WARTBURG COLLEGE.

WARTBURG TRUMPET

November 9, 2015 | For more news, visit www.wartburgcircuit.org | Volume 110, Number 8

President Darrel Colson speaks at the Student Senate meeting about faculty cuts and how the budget is balanced. —**Dan Haack**/TRUMPET

P. Col explains proposed faculty cuts

President Colson answers questions about how 2016-17 budget will affect students

DAN HAACK *STAFF WRITER*
daniel.haack@wartburg.edu

President Darrel Colson told Student Senate proposed faculty cuts are due mostly to declining enrollment over the past few years.

The meeting on Thursday was held to address questions students have about the proposed faculty cuts.

Many students were in attendance to listen to what Colson had to say regarding the direction Wartburg College is heading.

"Just as positions disappear, positions are created. So there is change over time," Colson said.

Colson said he does not like when he has to make faculty cuts, but they are essential to helping balance the budget.

"The bad news is that our budget is out of whack. It is just simply imbalanced," Colson said.

"[It is] largely because enrollment has declined in the past several years," he said. "So we now have fewer students paying the tuition, fees, room and board than we did say three, four or five years ago."

Each year the Dean of Academic Affairs and Faculty Council conduct an examination of institutional need, Colson said.

This study takes a look at the distribution of faculty across the campus with numerous factors, such as student enrollment and demand.

"What's made this year's process a lot more challenging is that we have this budget that we are trying to correct. So the process itself has become more intense," Colson said.

Colson offered assurance to students that Wartburg is still a liberal arts college.

"Our commitment to the liberal arts is not because we want to build a monument to liberal arts.

"Our commitment to liberal arts is because we believe that liberal arts are tools. Tools that help you develop your intellectual and dispositional capacities so that you can go out into the world and lead lives of leadership and service as a spirited expression of your faith and learning," Colson said.

Staff positions are also in the process of investigation, Colson said.

He said the objective was to move very quickly on the budget review because college officials wanted to make sure there was less uncertainty on campus.

Information about these investigations has yet to be announced.

"We distributed a questionnaire to faculty and staff and ask them a number of questions about their priorities and about where they might prefer where we look for budgetary savings," Colson said.

"That slowed the process down a little bit. It's a good thing. We are going to be able to survey people and get a lot of opinions back, but it may slow down the process a bit. Our hope, though, is to do it as quickly as we possibly can."

Most of the students came to ask questions. Seth Jobes-Ryan said he was impressed with the presentation.

"I think everyone was kind of intending or anticipating hostility and resentment from the student body so it was really nice to see that was not the case at all," Jobes-Ryan said.

Jason Wells said he was also impressed with how everyone behaved in a mature and rational manner.

"From what I can tell, I think that it's being handled really well and what cuts need to be made, need to be made. I think President Colson will do the right thing," Wells said.

Colson said he will see if there is a way students can find out about the conclusion of the institutional needs process.

He has until Nov. 10 to decide the status of positions that were recommended to be non-reappointed.

According to the handbook, President Colson has until Nov. 10 to decide if faculty positions will be non-reissued. —**Dan Haack**/*TRUMPET*

Twenty-five Wartburg employees to retire

JESSICA GRANT *EDITOR-IN-CHIEF*
jessica.grant@wartburg.edu

Twenty-five Wartburg employees will be retiring by the end of the academic year.

Of those retiring, six are faculty members and 19 are staff.

Whether or not those positions will be vacant next year or filled by someone else has yet to be determined, Graham Garner, vice president of Marketing and Communication, said.

For faculty positions, institutional need must be considered.

"If there is institutional need for that, then we'll make sure the position is filled," Garner said.

"If we believe that one position particularly contributes to a student's success in a way that we can't do without, then those will be the ones we will preserve first."

Graham Garner

The employees signed up for the college's retirement incentive program.

This is the first time the program has been offered.

The primary reason the college wanted to offer this program was to provide more flexibility for the budget review process, Garner said.

"Clearly, it's a lot easier for us to determine whether to fill a position that's vacant than it is to terminate or eliminate a position that someone is filling," he said.

More than 90 employees met the eligibility requirement for the incentive program.

"We did not know how many would participate, but the final number is in the range we hoped for," Garner said.

The retirement incentive program offers employees a stipend to retire.

Each of the 25 participants who signed up will receive an incentive pay in one lump sum payment equal to 2 percent of their annual base salary for every full year of employment with the college.

This means employees who have worked with the college for more time will receive a larger payment, Garner said.

Garner said the names of those retiring will not be released, as is standard procedure for anyone who retires.

"Just as we do with any retirement, we're leaving it up to those individuals how and when they want to share that."

Kelly on my mind

Part 1 of a 2-part series

JEANNE EDSON *STAFF WRITER*
jeanne.edson@wartburg.edu

Kelly Gissendaner, friend and mentee of Wartburg professor Dr. Jennifer McBride, was the first woman in 70 years to be executed in the state of Georgia, making international headlines on Sept. 30.

Despite countless pleas and appeals, including from Pope Francis and Gissendaner's children, the 47-year-old was executed by lethal injection for convincing her boyfriend to murder her husband in 1997.

Prior to Sept. 30, Wartburg professor Dr. Jennifer McBride saw Kelly Gissendaner's face from behind the bars of a Georgia women's prison before many of the world's cameras did.

McBride spoke with the Trumpet about her five-year relationship with the woman whose life and death ignited an international conversation about faith and the ethicacy of the death penalty.

"It's the grief of the loss of one of my best friends, and the experience of the trauma of the execution. So it's these multiple compounding pieces.

"I don't think I've ever lived through something that I would call trauma until now," McBride said.

McBride, who is the Board of Regents chair in ethics, assistant professor of religion, and director of peace and justice studies at Wartburg, first met Gissendaner in January 2010.

At that time, McBride became involved in a program for teaching theology to incarcerated women, including Gissendaner.

"She was already a strong person of faith and had quite a transformative conversion into Christianity early on in her prison sentence, so for her then to be able to take the kind of classes that we teach here at Wartburg, that we would teach in a school of theology...she was very excited about [the class]," McBride said.

"But then on top of all that, [she was] able to be in a community of fellow learners."

Outside of the six hours once a week in theology class, Gissendaner was in solitary confinement and allowed one hour a day outside, McBride said. The classroom became an opportunity for community and conversation.

McBride said the professor-to-student relationship can easily evolve into that of friendship when discussing questions of humanity and faith.

"The classroom conversations were very rich and very honest, very

▸ Professor reacts to execution p. 2

Jurgen Moltmann (left) and Dr. Jennifer McBride (right) was involved in a program for teaching theology to incarcerated women in early 2010, one of whom was Kelly Gissendaner (middle). Despite countless pleas and appeals, including from Pope Francis and Gissendaner's children, she was executed by lethal injection on Sept. 30 for convincing her boyfriend to murder her husband in 1997. —**Submitted photo**

Kelly on my mind: Professor reacts to execution of incarcerated friend

◂ Continued from p. 1

raw from the beginning," McBride recounted.

"I got to know her well in the classroom context, but then six months into the program, a new administration came into the prison and no longer allowed her to come to the class, but said that the instructor could come to her still on death row in the future."

Until she moved to Waverly, to teach at Wartburg in 2011, McBride continued to work with incarcerated women and visited Gissendaner every week.

"Literally, we had one-on-one independent study through the bars in her cell. That image right there is one that I of course have found very powerful and think others have found really powerful," she said.

"Our conversations would be about the book but also check-ins, about how she is and she'd ask about me and I'd tell her my life and my story, so we became very close during that time."

Despite the more-than 900 miles between them, McBride said the friendship persisted through the distance.

While working on a book about her experiences working in womens' prisons, McBride returned to Georgia every summer and resumed her weekly visits with the death row inmate.

"Those became more like visits instead of [lessons]. We weren't reading things together at that point, but I had those one-on-one visitations about an hour, two hours, every week every summer up until her execution," McBride said.

Even spending Christmas with Gissendaner, McBride said her connection with Gissendaner was ongoing. But the most difficult time in their friendship was quickly approaching.

Read part two next week: - A friendship continues through the stages of execution and McBride discusses her future and the impact of "Kelly on my mind."

International students apply for OPT after gradution

RACHEL PAPE *STAFF WRITER*
rachel.pape@wartburg.edu

Upon completing their degree program, international students are eligible to apply for Optional Practical Training, or OPT.

This is an opportunity for international students to apply what they have learned in the classroom to work experience in their field of study.

This applies to anyone with an F-1 student visa completing a bachelor's degree, master's degree or PhD. F-1 OPT status is 12 months with the option to extend it to 17 months for STEM degree holders.

Helen Leong, director of international student services, said students file an application with the Department of Homeland Security.

"The application itself is actually very simple. The supporting documentation is slightly more complicated, but it's not really that difficult," Leong said.

She cited the application fee, which is $380, as the most challenging aspect.

There are several resources available at Wartburg to help students applying for OPT. The International Student Services Office offers various informational handouts as well as OPT presentations to answer students' questions.

"The students make an appointment with me, and we go through the documentation and the form together.

"I mail it out for them. We use our address as the address to send their work permit, so it doesn't get lost in the mail as they are transitioning away from campus. We do quite a bit of help with this application process," Leong said.

Olayinka Adetola, an accounting and business administration major from Abuja, Nigeria, has applied for the OPT.

"The application process can take about an hour or less. It's much easier if you come prepared with all the documents Helen sends you ahead of time," Adetola said.

"Helen is a great resource to help with the application process, as she has helped students in the past and is more familiar with the rules."

According to Leong, approximately 90 to 95 percent of international students that graduate from Wartburg apply for the OPT program.

Selasi Ametewee, an accounting and business major, is one of the students who applied this term.

She hopes to work for one year in a job related to her field of study and then attend graduate school.

Many students will follow this path, although it is typical for students to be hired for jobs in their home country and return there as well, Leong said.

Adetola, for example, plans to work in Nigeria in the year following her OPT, and then return to the U.S. for graduate school.

"We have fewer kids being born in the United States, so we literally need people coming in to help serve and take care of our society.

"I think international students bring a lot, not only to the institutions where they study but also the work force," Leong said.

According to the NAFSA International Student Economic Value Tool, international students in the United States supported 340,000 jobs and contributed $26.8 billion to the U.S. economy during the 2013-2014 school year.

Moreover, it's a great opportunity to learn, grow our diversity and be inclusive, Leong said.

Check out the full story at www.wartburgcircuit.org

Cobblestone Inn & Suites opens downtown

MOLLY SCHMITT *STAFF WRITER*
molly.schmitt@wartburg.edu

The newly constructed and opened Cobblestone Inn & Suites in downtown Waverly will increase convenience for students, parents, faculty and staff as well as improve the Waverly economy, Tony Smith, assistant director for alumni and parent relations, said.

The new $5 million hotel at 208 E. Bremer Ave. opened Friday, Oct. 30, after nearly one year of construction. The grand opening will likely be in December, Martin Rahm, general manager of the Waverly Cobblestone Inn & Suites, said.

The hotel has 45 rooms that range from king rooms, double queen rooms and extended stay suites. Cobblestone's target market is focused on business professionals and Wartburg visitors.

"We have alumni that come back for anything and everything.

"People have affinity to organizations and activities here on campus that they are coming back for and supporting our current students in. Whether that's an athletic event or a music performance, they are always coming back," Smith said.

About 6,300 people attended this year's homecoming game, which does not include hundreds more visitors for the reunions, parade, renaissance faire, luncheons and more.

Large events like Wartburg Homecoming, Ragbrai, Gentlemen of the Road Tour and the national horse sale demand more hotel space than Waverly previously had to offer.

The lack of hotel space causes many visitors to stay in Cedar Falls or Waterloo hotels that decrease visitors' exploration and time spent in the community, Smith said.

Travis Toliver, executive director of Waverly Chamber of Commerce, said one of his main focuses at the Chamber has been trying to bridge the gap between Wartburg and the rest of Waverly.

He said Cobblestone and the other hotels in town help create that bridge by keeping people in town during their visits.

"I haven't been here that long, but I know there is almost a difference between Wartburg and Waverly, and we kind of want to help connect that," Rahm said.

"We want to bring the parents here that are coming to see their kids at Wartburg so they really get to experience both Wartburg and Waverly."

Smith said it's going to be great to have a hotel downtown. The new hotel will allow guests to engage in downtown Waverly by eating, shopping and spending the night to support local businesses.

"I think it's only going to help our economy, which in turn helps Wartburg," Smith said.

Toliver said Waverly is the only community its size in northeast Iowa that is growing. He said this is one of the reasons he believes Waverly was an attractive location for Cobblestone Inn & Suites.

"It's yet another positive opportunity for growth and business in the downtown district," Toliver said.

"We have some great hotels here already and it says something positive about a community's economy when you're adding more hotel rooms to it."

The newly opened Waverly Cobblestone Inn & Suites in downtown Waverly has 45 rooms including extended stay suites, king rooms and double queen rooms. The $5 million hotel opened Friday, Oct. 30, after nearly one year of construction. —**Molly Schmitt**

Possible pub on campus?

CALYN THOMPSON *STAFF WRITER*
calyn.thompson@wartburg.edu

A task force is being formed to discuss the possibility of having a pub on campus, which some professors said could be incorporated into academic coursework.

President Darrel Colson asked for a task force after multiple faculty members brought it up at the full faculty meeting earlier this fall, Dr. Margaret Empie, assistant vice president for dining and retail services, said.

"The thought was, would it be a part of the curriculum where students would maybe make the product, market the product? Or would it be just a place we'd have?" Empie said.

"I don't think anybody knows the answer to any of that or even if it is viable."

Dr. Walter Bouzard, professor of religion, and Dr. Roy Ventullo, professor of biology, showed interest and contacted Empie as they have been brewing beer together for a few years.

Bouzard said a number of faculty members have been talking to Colson about the idea for a couple of years.

Ventullo said the project might be seen as controversial because it does involve alcohol.

Jessica Pedersen, a resident assistant, said a pub on campus would not be a positive thing because it would promote alcohol consumption on campus.

"To me, that promotes being drunk and that's not a safe thing. I think publicizing it increases problems that RA's and other leaders on campus work to reduce," Pedersen said.

—Michelle Johnson/*TRUMPET*

Bouzard, however, looks at it as a positive way for campus life and campus ministries to educate students about alcohol awareness. "What we don't want is alcohol abuse. That's neither healthy for individuals or our institution, but it does give an opportunity to talk about responsible consumption and what that might look like," Bouzard said.

Bouzard said the pub idea came as sort of an afterthought, as he and Ventullo were thinking more of a beer production or brewery on campus that students could be involved in.

They said the college could even have an entire course of studies revolve around this project.

"It would be possible to have an academic side because you can combine chemistry, biology, public relations, art and business department certainly in putting together what would be a business plan and marketing plan," Ventullo said.

Bouzard said the project might even be a course of study, such as fermentation.

He said finding people with beer-brewing knowledge would not be difficult because there are many people on the faculty and staff that do it as a hobby.

Bouzard hopes students will be open to the possibility of the project.

"I think if all they hear is, 'Oh, a pub on campus,' I would hope that there would be some that would go, 'Why would we do that? That seems bogus,'" Bouzard said.

"If they hear that it's possibly something that's consistent with our mission and perhaps to be integrated in a course of studies, then I would hope they would at least give it a fair hearing."

While in Chicago, Ana Julante (right), was able to connect with people who worked in her field of study. —**Submitted photo**

Connecting to your major field

MITCH WILLIAMS *STAFF WRITER*
mitchell.williams1@wartburg.edu

The Orange Connection program is a good way for students to discover their majors and experience working in a big city with Wartburg alumni, students who have participated in past years, said.

"Students get a feel for a career they are interested in and spend time with alumni to explore it," TJ Warren, Pathways associate for vocation and mentoring, said.

Bailey Camenisch, who went to Des Moines last April, said it was a great opportunity to spend a few days shadowing someone in her field of study.

"I was able to reassure myself that marketing was what I wanted to get into," Camenisch said.

"After shadowing someone in the field, I knew this was the path to take."

The program allows up to 15 students to go to Chicago or Des Moines. Students can travel themselves but two vans are available to take students to their respective cities.

The program dates for this school year are April 16-19.

The deadline for applications is today, but spots for next April are still open.

Students that are interested in Orange Connection should contact Warren about vacant spots.

Scout Kasik, a psychology major, said he was connected with a Physical Therapist and understood the experiences they had since graduating from Wartburg.

Kasik went to Chicago, and besides getting hands-on experience with his major he explored the city.

"I was able to see the Willis Tower and the Shedd Aquarium," Kasik said.

"It was a lot busier than it is around here."

Ana Julante went to Chicago and job shadowed alumni who had experience in her computer science major.

"I was an awesome experience," Julante said.

"I was able to see how people analyze data and get to know people in the field which I am interested in."

Julante said she saw what options are out there in the market once she graduates.

"I was there for three days and I was sad to leave," Julante said.

"I was able to meet a lot of people that worked in the computer science field and they enjoy the jobs they have."

Warren said students should take the opportunity to be part of the program. Students that participate in the program will benefit from their experience in Orange Connection.

"They get the opportunity to understand more than just their careers. They get to understand navigating public transportation and what it feels like to have a true work day," Warren said.

He said another part of the program is focused on working heavily on students' resumes while connecting with the alumni.

Kasik said he encourages students to try the program.

"I applied again this year because I enjoyed it so much last year," Kasik said.

"It's a non-expensive way to get an experience in the field that you're interested in."

Day of Silence raises suicide awareness

TAYLOR VOS *STAFF WRITER*
taylor.vos@wartburg.edu

As suicide and mental health become more prominent topics of discussion among college students, a group at Wartburg is working to make a difference and bring awareness to the problem.

Suicide Awareness for Everyone (S.A.F.E.) is a student-run organization. The Day of Silence on Nov. 10 brings awareness to those who have committed suicide.

"It's a very eye-opening experience," Kaitlyn Behnken, president of S.A.F.E., said.

"When you see someone sitting next to you wearing all black and having a tag that says 'What if I wasn't here?' it really makes you think."

Dylan Lampman participated in Day of Silence while in high school and is planning to participate this year.

Having personally seen the effects of suicide, he said the day means a lot to him.

Lampman said he was close to someone whose cousin committed suicide. It sent his friend into a state of depression because they did not want to speak about what happened.

"Suicide happened a lot where I grew up," Lampman said. "Two people I knew committed suicide while I was in high school and one happened just last week. It becomes awkward when you all know something tragic happened but you can't talk about it."

Gabby Hunt participated in the Day of Silence last year. She dressed in all black, and she cut out all unnecessary conversation from her day. Hunt said it felt good to be a part of something.

"Suicide has a bad stigma attached to it and the Day of Silence raises awareness and helps bring speaking about suicide to the table," Hunt said.

The goal for Day of Silence is to have students across campus see what the effects of suicide are and get students talking about it.

Behnken said that by eliminating the stigma of mental illness and suicide, Day of Silence is allowing people to feel more comfortable with getting help.

S.A.F.E. partnered with Alliance again this year to put together Day of Silence.

"About 30 percent of suicide victims in college are a part of the LGBT community," Behnken said.

"When we place flags across the campus lawn, purple flags are to represent the LGBT community, while yellow flags represent all of the other victims."

Behnken said it is very simple to participate in Day of Silence.

To register, email safe@wartburg.edu or sign up while S.A.F.E. is tabling.

Give them your box number and anyone you know that committed suicide that you would like to represent. They will put name tags in your mailbox to wear throughout the day.

Another way to get involved is by attending their discussion in Grossman 131 at 8 p.m.

"Right now, we have over 100 students signed up," Behnken said.

"But it's really cool to see how as the day goes on, people see their friends participating and then go back to their rooms to change. By the end of the day, most of campus is involved."

89.9 fm kwar your sound
LISTEN ONLINE AT:
http://wartburgcircuit.org/kwar/

Stressed backwards is desserts

KAITLYN KETELSEN *OP/ED EDITOR*
kaitlyn.ketelsen@wartburg.edu

How many times have you seen or heard the saying, "Stressed spelled backwards is desserts?"

For me the answer is too many. This saying is all over the internet and frankly it has no meaning. At no point in my life when I've been stressed has the thought of the backward spelling of the word brought any comfort.

It's just a dumb saying with no meaning that actually makes me more stressed the more I think about it.

Break was nice and all, but the amount of stress in my life has seemed to skyrocket since coming back.

I am now engaged, graduating in a month and my class workload seems to be heavier than it ever has before.

I'm job hunting, while also searching for a wedding dress and writing papers in my spare time. Or is it the other way around?

I've gotten so stressed that prioritizing has gone out the window.

When everything seems to be causing me stress I don't know where to begin.

Lately I've been spending a lot of time putting off things that I know need to get done.

This isn't the first time I've been stressed and I know it's no where near the last time.

There is something, however, that feels different about the level of stress I'm experiencing lately.

I'm attributing this to the fact that I'm doing school work, while also trying to tackle "adult" things.

What I've been hearing on campus is that a lot of people are experiencing these stressful feelings. It's upperclassmen, underclassmen and it's encompassing all majors.

Some have been feeling this way for weeks, while others are noticing an extreme change after break.

For whatever reason you're feeling stress I just want you to know that you can get through it.

Hearing those words may have the same effect as "stressed spelled backwards is desserts," but it needs to be said and you need to hear it.

You can, and you will, get through whatever you are going through whether it's school work, your job or your own personal stresses.

I may not be a good example of handling stress gracefully, but I am a living example that people make it through stress.

Green Tips:

Courtesy of the Eco-Reps

Single Stream: On campus we take part in single stream recycling. One of the products that comes out of single stream recycling is toilet paper. It's for this reason that glass is not accepted in our single stream bins.

Energy: If we all keep our thermostats around 68-70 degrees we can drop the energy bill for the college.

Water: The average American uses 50 gallons of water per shower. Make it a habit this week to try and shorten the length of your showers.

The crowd makes an impact

RILEY COLE *SPORTS EDITOR*
riley.cole@wartburg.edu

This past Saturday, I worked at the Iowa Conference volleyball final game with Sports Information.

It was awesome to see the volleyball team return to the national tournament, after falling one game short last year.

But, something was different about Saturday's game. The crowd was insane.

Coming from West Delaware, I have been around amazing crowds before, but the crowd at the volleyball game may have topped them all.

After the first point of the match was scored by the Knights, it was like thousands of people were yelling. Levick Arena was pretty darn loud.

I looked to the person who I was working with, Kaitlyn Behnken, and we were surprised at what we heard.

With the amazing crowd in Levick Saturday night came an opportunity to control the match going on on the court. That is exactly what Wartburg did.

How can you not play the games of your lives when there are 1,200 or so people cheering you on?

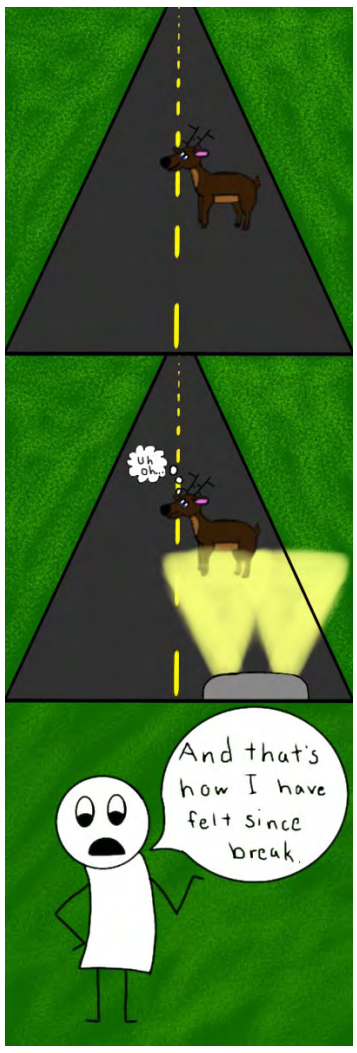
By having a unique crowd at games, athletes realize they have several people who support them, despite the outcome of a game.

Crowds also make watching sporting events much more enjoyable, because it shows the events don't always have to be serious. Instead, people can laugh, smile and simply enjoy the atmosphere they are part of.

Overall, the student section that Wartburg had supporting them Saturday night may have also been one of the best student sections I have witnessed. I have been to a lot of sporting events, so this is truly something special.

It is going to be interesting to look forward to the crowd comes together as Wartburg approach nationals.

What the crowd did during the volleyball game allowed them to keep their season alive, while also maintaining sustained success.



—**Michelle Johnson**/*TRUMPET*

Comics are back!

We are looking for some creative comic ideas to feature in future issues.

We'd love to hear from you and include comics in which you're interested.

Email your ideas to: news@wartburgcircuit.org for the chance to see your idea turned into a comic.

Student Spotlight

Blaine Woodson

Third-year music major from Ossian, Iowa.
Campus involvement includes: Wartburg Choir, Pre-Law Club, Ninth Street Jazz Band

Favorite Place on Campus:
The KDit.

Favorite Food:
Corndogs.

Favorite Musical Genre:
Classical.

Interesting Hobby:
I play the organ.

Dream Job:
College professor.

Favorite Color:
Green.

Hidden Talent:
Trap shooting.

Favorite Candy:
Jolly Ranchers.

Favorite Animal:
Elephant.

Favorite Superhero:
I like super villains.

Sing in Shower:
Yes.

Burg Blurbs

When your book is so big that you use another book as a bookmark.

He was a skater squirrel. She said see you later squirrel. #WartburgRemix

Sometimes I wish I could live in a bread bowl.

I get real excited when there are strawberries and bananas in the Mensa. #BestDayEver

Getting a new cell phone is harder than a midterm exam.

For anyone else who needs a little reassurance: everything will be okay. #WeCanDoThis

Me feeling suspiciously relaxed: what responsibility have I forgotten?

Today I'm reminded of all the reasons I want to drop out.

Sometimes you need a gold star in college. #LifeIsRough

"I just have to get through this week." Me last week, this week and every week until Winter Break.

Success is not final, failure is not fatal. It's the courage to continue that counts. #LifeLessons

I feel like I've been on 2 percent battery for the entire semester with no charger in sight.

A diamond is just a piece of charcoal that handled stress exceptionally well. #BeADiamond

How you make others feel says a lot about who you are.

Burg Blurbs are compiled from Twitter, Facebook and Yik Yak.

Trumpet

Produced weekly by students
at Wartburg College, 100 Wartburg Blvd.
Waverly, Iowa 50677

Jessica Grant, ***Editor-in-Chief***

Elizabeth Jewitt, ***News Editor***
Riley Cole, ***Sports Editor***
Jordan Thomas, ***Knightlife Editor***
Amanda Groff, ***Asst. News Editor***
Erica Dynes, Asst. ***Sports Editor***
Maya Weatherall, ***Asst. Knightlife Editor***
Megan Backer, ***Photo Editor***
Kaitlyn Ketelsen, ***Op/Ed Editor***
Michelle Johnson, ***Graphics Editor***

Cliff Brockman, ***Faculty Adviser***

Opinions expressed in the Trumpet are those of the editorial board and are not necessarily representative of the opinions of the administration, faculty or staff at Wartburg College.

Letters to the editor are subject to editing without changing the meaning of the letter. Authors will not be notified of changes prior to publishing. Letters must be signed, fewer than 400 words, submitted by 9 p.m. Thursday and related to current issues in the Wartburg community. Letters may be sent to the journalism and communication office or emailed to jessica.grant@wartburg.edu. Please type "Letter to the Editor" as the subject line. Publication is at the discretion of the editor.

Veterans Day 2015

Stories of two Wartburg community members who have had personal connections with the military and Veterans Day

JORDAN THOMAS *KNIGHTLIFE EDITOR*
jordan.thomas@wartburg.edu

Editor's Note: Remember Veterans Day is Wednesday, Nov. 11. This year will mark 96 years of veteran recognition in America.

Calyn Thompson with her dad at his promotion ceremony. —**Submitted photo**

Calyn Thompson grew up in a military family. Her dad, Tommy, went into the Air Force following high school and then he joined the Air National Guard.

Growing up she said she was blessed to be part of a military family. She feels lucky that when her dad was away, he was only gone in six-month increments.

Although he was home more often, he still had to miss out on certain things in Thompson's life.

"My junior year of high school he missed out on a majority of that… he actually came back my junior year prom night, which was really cool," Thompson said.

"So he missed half of my volleyball season, my basketball season and my show choir season."

Thompson said her mother was the biggest support system she had when her father was away on duty.

"She never missed a beat when he was gone," Thompson said.

"My mom was able to work a full-time job, raise two kids by herself when my dad was gone, and she never complained and she always had a positive attitude."

Thompson said her family's military background has made her appreciate certain freedoms, like safety, which others take for granted.

"They make it safe for us. We wouldn't be this safe as a country without having our defense and our military," Thompson said.

"I just think it is so important to honor them and be thankful and be supportive of them because they are the ones that make this country safe and make us feel safe."

Recently, Thompson's father was promoted to chief master sergeant, which is the highest-ranking position in the enlisted Air Force.

Thompson said she is very proud of her father for receiving this achievement.

Bernard Holland served in the Army from 1980-83. He decided to enter the Army because he wanted to finish school and the Army had a great program.

He entered the Army during a peace time so he didn't fight in any wars, but he did do death training in Death Valley National Park and the Mojave Desert for 45 days.

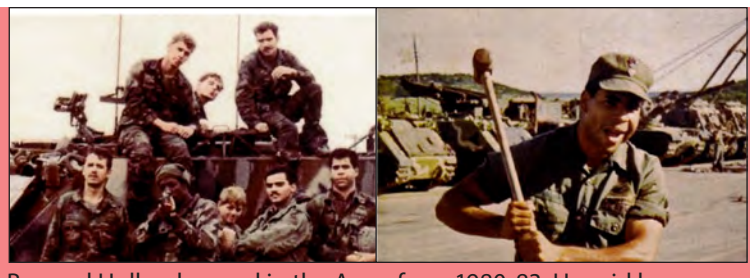
"This desert, most people couldn't last 45 minutes and survive. We were out there for 45 days," Holland said.

"One canteen of water a day, we took salt pills, and we played war games."

Holland said they wore laser vests and used laser sights that were on their weapons.

If someone would get shot with one of the lasers, the vest would go off and the vest would show the severity of the shot in reality.

Holland was sergeant, rank E5. He was in charge of reconnaissance.



Bernard Holland served in the Army from 1980-83. He said he appreciates when people thank him for serving. —**Submitted photos**

His job was to locate the enemy and call in for fire on certain grids on a map.

"We had to learn…geographical locations. This was before they had anything they have today. We did it ourselves," Holland said.

"Now they have satellite maps, drones, GPS, all of that. We had none of that back then."

While Holland was in the Army, he had a platoon sergeant who was in Vietnam and had been in several bad situations while he was deployed.

"He was the most serious man I had ever met aside from my drill sergeant," Holland said.

As a veteran, Holland feels very appreciative when someone thanks him for his work in the service, but he feels there are others out there more deserving of thanks.

"I was not a combat veteran. I want people to know that. What I was doing…that's dangerous, it's always dangerous when you're playing around with explosives," Holland said.

"But actual combat, I feel like those are the people who really deserve it.

"The veterans sacrificed everything, not just their freedom, but their life," Holland said.

St. Elizabeth's Week kicks off Nov. 14

ELLYN FELTON *STAFF WRITER*
ellyn.felton@wartburg.edu

Saint Elizabeth's Week will be Nov. 14-20.

The event was brought to the college years ago to remember Saint Elizabeth.

"We are really trying to get people to wrap their minds around the service component; that's part of our mission. We all need to look out for our neighbors through servant leadership," Kristin Teig Torres, assistant director of the Center for Community Engagement, said.

St. Elizabeth's Week is held in conjunction with Hunger and Homelessness Week and sponsored by the Volunteer Action Center.

The elements of bread and roses are featured on the new logo that has been made for this year's event. The logo was the first step in trying to get more students involved.

Saint Elizabeth's Week holds many different activities for students to get involved in. Some of these include a Stop 'n' Serve, Blankets of Love and a new event called the Backpack Pack.

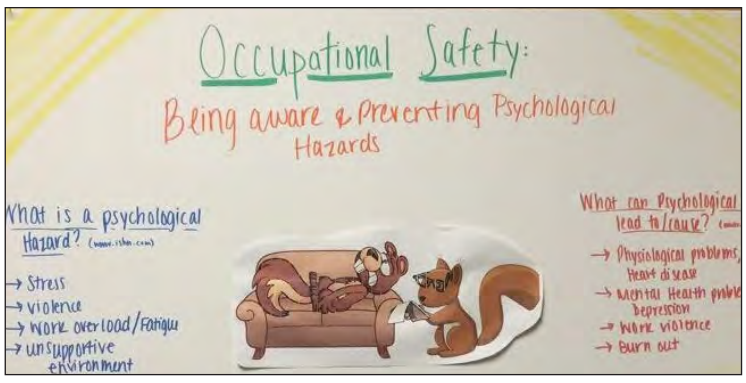
"If students have ten to 15 minutes, we want them to stop by. Our goal is to pack 1,000 backpacks," Teig Torres said.

There will be a kick-off meeting on Saturday, Nov. 14 from 6-8 p.m. in Cardinal Commons.

More information about the events can be found at www.wartburg.edu/se.

Students participate in a past service activity St. Elizabeth's week begins Nov. 14 in Cardinal Commons. —**Submitted photo**

For the full story, check out the Wartburg Circuit at www.wartburgcircuit.org



Nick Sedore and his roommates focus on safety in the work place for their project for Löhe. —**Catie Middleton**/*TRUMPET*

Service no longer required for Löhe

CATIE MIDDLETON *STAFF WRITER*
catherine.middleton@wartburg.edu

Students living in Löhe next year will not be required to do a service project, as past students have, Cassie Hales, director of residential life, said.

The change comes after students wanted more on-campus housing options. A cut in staff for Residential Life was also a factor.

Although Löhe will no longer be a service-oriented residence hall, the Residence (otherwise known as the Res) will continue to be one.

Applications to apply for the Res have not yet been released, contrary to the calendar that was released earlier this year.

Hales said the applications should be available for students by January.

Löhe and the Res are halls that are currently reserved for students who have proposed a service or learning project.

Löhe Hall was focused more on a learning project for the hall community, whereas the Res service projects are partnered with an organization in the Cedar Valley area.

Kennedy Haut, a resident of the Res, said she benefitted so greatly from the community service project that she and her roommates chose North Star Community Services.

North Star offers rehabilitative services for people with disabilities.

"I have definitely gained a greater sense of appreciation for people with disabilities and the people that work with them. It's amazing to see the relationships that are built at North Star," Haut said.

"North Star also gives me an opportunity to get away from school for a little while. It's not a chore or something that I ever dread going to.

"I actually think I logged 12 hours or something like that last month. Going breaks up my day and I always leave with a smile," Haut said.

Nick Sedore, a Löhe resident, said taking part in this project has broadened his thinking in multiple ways.

Sedore, along with his five other roommates, who all have various majors, focused their project on safety in the workplace.

"I have definitely gained a greater appreciation for people with disabilities and the people that work with them. It's amazing to see the relationships that are built with North Star."

— Kennedy Haut

"My roommates and I come from various backgrounds and wanted to incorporate that into our project in some way to make us all connect," Sedore said.

Applying to live in either the Res or Löhe requires planning and a presentation.

Once an idea has been chosen, a group must present it in front of the residence hall directors.

Sedore and his roommates ran through a few different ideas before settling on one, and then took the necessary steps to apply.

"We got together a couple of nights, probably a total of five hours or so just getting together and brainstorming, and doing the project," Sedore said.

Sedore and Haut agreed the projects they do, though very different in nature, have become a lot more fun than they originally thought.

"We always incorporate a squirrel into our poster, for Wartburg. He's always doing crazy stuff," Sedore said.

Haut encouraged students to take part in these activities and apply to live in one of these communities.

"We are required to care for someone else and learn how to work with a variety of people," Haut said.

"It's helped me acquire skills that I wouldn't be able to possess otherwise."

Pizza Hut
All you can eat buffet
$4.99
with purchase of a drink
1203 W. BREMER AVE. 319•352•5591

Buildings: past and present

Old Main and North Hall: no date —**Submitted photo**

Knights Gymnasium: 1991 —**Submitted photo**

Luther Hall: no date —**Submitted photo**

Old Main —**Megan Backer**/*TRUMPET*

The "W"—**Megan Backer**/*TRUMPET*

Luther Hall —**Megan Backer**/*TRUMPET*

Emily Anderson (left) and Greta Bacon showcase their artwork at McDonald's. —**Megan Backer**/*TRUMPET*

Students' art at McDonald's

JESSICA GRANT *EDITOR-IN-CHIEF*
jessica.grant@wartburg.edu

Artwork by Wartburg students is now on display at the Waverly McDonald's.

The work includes a photograph by Emily Anderson, ceramic work by Greta Bacon and a painting by Kendra Schnabel.

"Our art being out there speaks a lot for our art department and what our students are doing here on campus," Bacon said.

"I think it really helps get the Wartburg name out there."

Bacon said professors in the art department encouraged their classes to submit things to be considered for display.

She designed her set of two ceramic pieces herself and described it as a decorative, contemporary project.

Anderson's inspiration for her photograph struck when she saw the sun shining through a rusted trailer this fall.

She said she thought it was a beautiful scene.

Anderson said she had never had art work on display before so this is very meaningful for her.

"It feels nice to have your work somewhere that's not your own room or your mother's house. It's really rewarding," Anderson said.

Turkey day on campus

MAYA WEATHERALL
ASST. KNIGHTLIFE EDITOR
maya.weatherall@wartburg.edu

During Thanksgiving many international students stay on campus.

"About half of the students will stay on campus, that ranges to about 40 to 50 students," Helen Leong, director of international student services, said.

International students can receive a meal from St. Paul's Church on Thanksgiving Day or there are other options of how to eat during break.

"There are always students who come together to make their own meal at Dier's house, because it is a fully functioning kitchen," Leong said.

"Last year the students came together with Dr. Gehring and they did a Thanksgiving meal together, and she helped provide some food and the students cooked their own dishes."

"On Thanksgiving Day there is no place for eating open on campus so the Zesty is open Friday and Saturday," Leong said.

Ruth Tibbott, dining services checker, also hosts students at her house so they can experience what a Thanksgiving meal is like in America.

"Sometimes it is a nice day for them to sleep, but they still have to eat, and that is my objective, whether or not they celebrate Thanksgiving.

"First of all they get to see what a national holiday is for us, and they get a sense of family, gratefulness,and blessings," Tibbott said.

Sneha Mahapatra has the opportunity to go off campus and spend time with her host family.

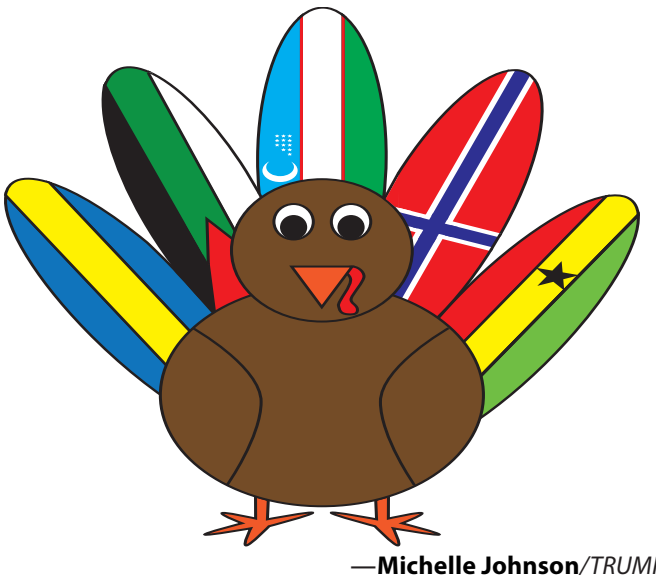
"Last year was my first Thanksgiving and my host mother invited me to her house and we cooked turkey, made the dressing," Mahapatra said.

Nothizile Ncube stays on campus during the break and catches up on her sleep.

"Over the years, we didn't have a Thanksgiving break where I came from. This has given me a time to reflect on my life and what I am thankful for which are the simple things," Ncube said.

After Thanksgiving, Leong's office programs a Black Friday shopping for International students to experience too.

"We leave pretty early and have one van that goes down to Waterloo. This year I pulled some students and may go to Iowa City to Coral Ridge Mall," Leong said.



—**Michelle Johnson**/*TRUMPET*

Knights win over Simpson

Wartburg defeats Simpson in final home game, moves to 6-1 in Iowa Conference play

TYLER FRENCH *STAFF WRITER*
tyler.french@wartburg.edu

Senior Day is a day to celebrate the contributions and accomplishments of the Wartburg football seniors, and the Class of 2016 was able to celebrate with style.

The Knights took on an upset-minded Simpson Storm and were able to come away with a nail-biting 51-45 win Saturday.

The game featured an offensive explosion from both teams including a combined 52 first downs and 1,288 yards in the run and pass games between the teams.

Jordan Schmitt carries the ball for a touchdown. —**Erica Dynes**/*TRUMPET*

Knights' head coach Rick Willis said the defense needs to improve on their pass rush and not allow big plays moving forward.

The Wartburg offense was led by several seniors Jordan Schmitt, Logan Schrader and Brandon Domeyer.

Schrader put on a performance to remember for the Knights as he had a combined 533 yards and five touchdowns, 153 yards and two touchdowns on the ground.

Three of his touchdowns and 380 of his yards came through the air as he found great success against the Storm secondary.

"We were able to execute and we pride ourselves in that," Schrader said. "The receivers won all of their one-on-one matchups and made me look good."

Schmitt had a day for the record books, and his best game as a Wartburg Knight, finishing with a career-high 175 receiving yards on five catches and also hauled in a 61-yard touchdown reception.

Schmitt said the offense has worked a lot on their intensity coming into the game.

"Before the game I kind of just took a deep breath and gathered it all in, this is the last Saturday I'll ever have out here," Schmitt said. "I just wanted to make it a big one and I think we did that offensively today."

For Domeyer it was also a fantastic performance as he led the Knights with 171 yards and a pair of touchdown scores.

Domeyer along with the other seniors, were able to go out with a bang in their final home game as Walston-Hoover Stadium.

"It's special. So many of these seniors have meant so much to this program and have done so much for this team. I'm happy that we were able to figure out a way to hang on and get the win today." Willis said.

As strong as the Knights were offensively, they struggled on the defensive side of the ball.

The Storm were able to gain a combined 567 yards on 81 offensive plays.

Simpson's starting quarterback Caleb Frye was especially stellar finishing the game with 132 rushing yards and 333 passing yards. Frye also threw four touchdowns against the Wartburg defense.

Gunner Tranel hugs his brother after being surprised on Senior Day. His brother served in the Air Force. —**Erica Dynes**/*TRUMPET*

Wartburg will have to rebound quickly as they will travel to Dubuque to take on the Loras College Duhawks on Nov. 14.

Wartburg defeated Loras last season, 81-21.

"We don't know what's going to happen in terms of playoffs," Schrader said. "Our focus is finishing the season 9-1 and we are going to work our hardest to come away with the win."

Meet volleyball's newest member

Maria Brown and Emma Harmeyer hold Pancake, the volleyball team's mascot. Some say the hedgehog is lucky. —**Riley Cole**/*TRUMPET*

RILEY COLE *SPORTS EDITOR*
riley.cole@wartburg.edu

Moving from place to place in a sweatshirt pocket, Pancake the hedgehog has become a part of the volleyball team.

Pancake came to the team after volleyball player Maria Brown decided she wanted to get a hedgehog as a pet. She got the small, nocturnal animal with a spiny coat and short legs from Pet Palace in Cedar Rapids.

"Me wanting a hedgehog turned into him being famous," Brown said.

Since Brown got the hedgehog, she has been able to identify some of the things Pancake likes most. Frosting, dressing up and being in the gym with the volleyball team are just three of his favorites.

He also has an Instagram account, @pancakethehedgehog.

Brown is the one who takes care of Pancake by giving him Iams kitten food and water daily, while also cleaning his cage every other day.

The hedgehog stays in a house off campus with several volleyball players. Pancake gets his toenails clipped once a week, and Brown also gives him baths with baby shampoo.

From what started as a joke, Brown and teammate Emma Harmeyer agreed Pancake thrills the team.

"We were excited and wanted to meet him right away," Harmeyer said.

Head volleyball coach Jennifer Walker had not seen a hedgehog before, until Brown brought him in for a visit.

"He showed up one day at a JV game," Walker said. "She [Brown] brought him as a fan, obviously, so I got to see Pancake for the first time. That was pretty cool."

One thing Walker has noticed in her players since Pancake's arrival to the team is how their attitudes change when he is around.

"They just act happy," Walker said. "They are just enjoying life, their friends and this little creature that is adorable. It's fun to see them in that kind of environment."

Walker said the best memory she has of the team with Pancake was during the team's "old school" practice day, where the team wore old jerseys from former teams they had played on and the team took a selfie with Pancake.

Having a hedgehog as the team's mascot, makes the volleyball team stand out from other teams.not only at Wartburg, but also on the collegiate level, Walker said.

Pancake made his most recent appearance in the stands at the final home volleyball game of the season against Buena Vista, which was when the team won the regular season Iowa Conference championship.

"He is a good luck charm," Harmeyer said.

In addition to supporting the team at their games, Pancake has also made appearances during various team events.

"Pancake does everything we do," Harmeyer said. "He watched the football game last Saturday with us. He went to Dairy Queen with us for team bonding."

As Harmeyer, Brown and Walker reflect on Pancake's presence with the volleyball team, Walker cannot help but realize the uniqueness of the team mascot to this year's team dynamic.

"This is a first," Walker said. "I have never had a little mascot before for our teams, so it just goes to show that Maria and the others on this team are such good characters.

"Why wouldn't you get a hedgehog in the middle of the season and make it your mascot? Of course, we would."

Former Go-Hawks become Knights

ERICA DYNES *ASST. SPORTS EDITOR*
erica.dynes@wartburg.edu

While some students may want to get away from their hometown when they go to college, four former Waverly-Shell Rock tennis players made the transition to playing tennis for the Wartburg Knights.

While she didn't consider coming to Wartburg at first, Kayla Reusche decided to visit Wartburg and never looked back.

"Once I was on my visit, it felt right," Reusche said. "I could picture myself being here."

When she first came to Wartburg, Liz Rucker had finished with state tennis two months before her first collegiate season and said she didn't have trouble transitioning.

"It was kind of nice because I didn't have any rust to really get off because I had still been playing earlier that summer," Rucker said.

Since the high school tennis team would sometimes play in "The W," Rucker said knowing how to play on the indoor courts when she got to college gave her and other former Go-Hawks an extra advantage.

Wartburg head men's and women's tennis coach Mike Strydom said traditionally a first-year collegiate tennis player is trained in either singles or doubles.

"Waverly [Shell-Rock] does a good job at training them in both. They are very well coached," Strydom said.

He said what attracts a student from Waverly is no different than any other student.

"We're a school that's worth it. We have fantastic facilities, we have excellent programs and our tennis program is growing," Strydom said.

Rucker said both Go-Hawks and Knights have had a lot of success.

"My junior year [of high school] we set a new school record and made it to state tennis as a team for the first year ever in school history. We've also had some big upsets on the women's side while at Wartburg," Rucker said.

While excellent coaching, breaking school records and having success on the court are important, Strydom said both programs emphasize other important qualities that are not found in sports.

"There is a focus on character. Waverly-Shell Rock does the same thing. They do a good job of saying to the kids 'look it's great you play sports but we're trying to turn you into good adults' and I think we do the same thing here," Strydom said.

Reusche said both programs look out for the athletes as overall people and want them to have other experiences beside focusing solely on tennis.

In order to focus more on academics, Rucker will not be continuing her tennis career, but will take away one aspect that she has learned throughout her years playing tennis.

"No matter on or off the court, I know the tennis ladies will always be there for me," Rucker said.

IOWA CONFERENCE DOMINATION

Women's soccer and volleyball will head to NCAA tournament

MARK NALEFSKI *STAFF WRITER*
mark.nalefski@wartburg.edu

The Wartburg Women's Soccer Team (14-4-2) is going to the national tournament following a penalty-kick shootout with Loras College in the IIAC Conference tournament final. The winner received an automatic bid to the NCAA tournament.

Head coach Tiffany Pins said she thought the Knights came out flat in the first half like they did last game.

"We played a lot better in the second half but we just couldn't put the ball in," Pins said.

The game was scoreless for the entire 90 minutes and two 10 minute overtime periods.

After that, the game went to penalty kicks to determine the winner.

The Duhawks kicked first and saw their first kick miss the goal. Senior Brittany Frush converted her kick next. The Duhawks then kicked their shot in the goal. Sophomore Morgan Neuendorf made her next kick.

Loras had the next kick, and sophomore keeper Beth Crow saved it.

Senior Sam Wipperman made her shot and Crow saved the next shot to give Wartburg the automatic bid to the NCAA tournament.

Crow said they practiced taking and saving penalty kicks in practice a little bit, but this was different.

"We had practiced them, but it is hard to really get into the mindset in practice. I was just focused on the kick takers and I managed to save some of them," Crow said.

"We would've liked to win the game in regulation, but that obviously didn't happen. We fought to the end and now we're going to the national tournament," Pins said.

Crow said she is excited to be in the national tournament for the first time.

"I made it a goal this season to make it to the tournament. We didn't make it last year so I really wanted to make sure we made it in," Crow said.

Pins said the team will rest up for the next few days because of their last two games.

"The last two games we played were battles, and we could use a little time to recover," Pins said.

Wartburg will know today who they play in the first round of the NCAA tournament, following the selection show.

Winning 3-1 in penalty kicks, the women's soccer team advances to the NCAA tournament. Wartburg put in a bid to host the first two rounds of the tournament. —**Sports Information photo**

Libby Creery puts her hands up to go for the block. The Knights had nine team blocks against the Loras Duhawks Saturday night. Loras beat the Knights earlier in the season, 3-2. —**Erica Dynes***/TRUMPET*

RILEY COLE *SPORTS EDITOR*
riley.cole@wartburg.edu

The Wartburg Knights (30-5) volleyball team clinched a berth in the 2015 NCAA tournament after they defeated Loras in four sets on Saturday, Nov. 7, in Waverly.

With the win over the Duhawks, the Knights took home the Iowa Conference tournament title, in addition to their regular season Iowa Conference title.

The set scores were 23-25, 25-21, 25-16 and 25-16.

Even though Wartburg dropped the first set to Loras, Jamie Farley knew some things needed to change.

"We weren't rattled by it," Farley said. "We knew what we had to fix and we came out the second game and fixed it."

Head coach Jennifer Walker is thrilled to have the team's season continue at the national tournament.

"We have earned our way all the way there," Walker said. "We are ready to go take on that challenge."

The biggest asset in the Knights' victory was their stellar defense, led by Farley.

She recorded 23 digs on the night, which allowed the Knights to take a 73-56 advantage over the Duhawks in digs.

"Jamie Farley came through again and kicked it into high gear," Walker said. "That's what carries us."

While Claire Willenbring led the team in kills with 19, Maddie Miller had 11. Walker has realized the impact Miller has had on the team's success, especially in the post-season.

"There is just something about her," Walker said. "There is also an unexpectedness of power. Her arm swing is so fast, that I think it is hard for them [opponents] to defend."

Wartburg's front row also saw contributions from Libby Creery, Aryn Jones, Lizzy Blough, Kaity Brouwer and Krystal Graves.

The Knights had several advantages over Loras, kills (54-41), hitting percentage (.264-.090), assists (52-37), digs (73-56) and blocks (9-3).

However, serving was on point for both teams as they each mastered six service aces.

Even though Wartburg had six service aces, Walker noticed some errors.

"We had some service errors that we hadn't seen out of our team in a long time," Walker said.

Both schools had great representation in the stands from their fans, which created a unique atmosphere, Walker said.

Farley and the team are thrilled to have the chance at a national title.

"It feels so good, we are so excited," Farley said. "We have earned this as a team and it feels great."

Pairings will come out today at 10 a.m. during the selection show.

Regardless of opponent, Wartburg will be on the road.

The Knights' last appearance in the NCAA tournament was in 2013 and competed against UW-Steven's Point. Wartburg was defeated 3-2.

Lacrosse, softball finish preseason training

OLIVIA JANSEN *STAFF WRITER*
olivia.jansen@wartburg.edu

Several athletic teams, led by new coaches, are preparing for their upcoming preseasons at the start of the new year.

Softball coach Jamie Mueller and lacrosse coach Anna Meerbach just finished up fall practices with their teams. Preparing the rest of the winter now falls solely on the athletes.

"We have a big team and they're all really focused and eager to get going and be better than they've been in the past," Mueller said.

Meerbach is excited to see how her team will do this year with some top returners and a talented class of freshmen, which will create a nice mix of leadership, she said.

The lacrosse team has been lifting weights during scheduled times as well as running and working on their agility on their own time. They also have a wall ball workout to work on throwing and catching to make sure they are ready for preseason in February.

The softball team has also been lifting three days a week and is expected to be hitting and fielding on their own.

Softball player Cassie Smith said having a new coach is a good change and the team is moving in a positive direction.

"She [Mueller] does our workouts with us, which is a lot of fun," Smith said. "So the girls try to beat her. It's a lot of fun."

Once softball starts preseason, they will have practice six days a week inside until the weather allows them to go outside. They will also travel more once games start and the schedule will get more intense, Mueller said. Lifting also gets cut to two days a week.

Lacrosse's practices will differ between preseason practices and in-season practices, Meerbach said.

"[Preseason is] a lot of running and getting ready versus once we're in the season it's going to be more game strategy and preparing for each game," Meerbach said.

Several lacrosse players celebrate the program's first conference win last year. The team just finished preseason training. — **File photo**

Both coaches said their teams have been adjusting well to having a new coach this year.

Lacrosse returner Megan Howe said the biggest challenge has been getting used to a new style of coaching.

"A lot of us adjusted to a new coach last year, so it's kind of the same thing. We worked through a lot during fall ball and were all kind of on the same page now," Howe said.

The lacrosse team has a unique mindset when it comes to team chemistry.

"Our biggest strength is our team chemistry," said Howe. "We're more of a family now, where at the beginning of fall ball last year, we were just girls that played lacrosse together."

Softball is ready for a new year.

"It's a clean slate and I think that's what a new coach provides," Smith said.

Crow, Neuendorf sweep IIAC honors

RILEY COLE *SPORTS EDITOR*
riley.cole@wartburg.edu

In addition to the women's soccer team winning the Iowa Conference tournament, two Knights swept Iowa Conference player of the week honors for both offense and defense.

Goalkeeper Beth Crow had a career high 14 saves in the Luther game, where the Knights were crowned regular season Iowa Confernece champions. Crow had 90 minutes of scoreless action against Luther.

Forward Morgan Neuendorf scored the game-winning goal against the Luther Norse last week.

Crow

Neuendorf